

Pregnant Women and Smoking

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Tobacco use is the single most preventable cause of death and disease and the impact of tobacco on the Indiana is staggering costing Hoosiers 10,200 lives each year. Smoking can impact the lives of even the youngest Hoosiers as Approximately 19% of women in Indiana smoked during pregnancy in 2002, a slight decline from 21% in 1999. Indiana has one of the highest smoking rates in the country.

Smoking during pregnancy is associated with poor health outcomes:

- Twenty to thirty percent (20-30%) of the cases of low birth weight babies can be attributable to smoking.
- Women who smoke during pregnancy had more than twice the risk of delivering a low birth weight baby.
- Babies with mothers who smoked during pregnancy have twice the risk of SIDS and infants of nonsmoking mothers.
- Women who smoke have a higher incidence of ectopic pregnancy.
- Pregnant smokers also have a 30-50% higher risk for miscarriage than nonsmokers.

Prenatal exposure to secondhand smoke is also harmful to children affecting mental development. Children of mother who were exposed to secondhand smoke during pregnancy have lower scores on test for cognitive development at age two compared to children living in smoke free homes.

Pregnant smokers ready to quit should know that it's never too late to quit smoking during pregnancy. Many pregnant women are tempted to cut down the number of cigarettes they smoke instead of quitting. Cutting down to less than 5 cigarettes a day can reduce risk, but quitting is the best thing a pregnant woman can do for themselves and their baby.

The benefits of quitting smoking can be seen immediately. After just one day of not smoking, the baby will get more oxygen. While women experience withdrawal symptoms these are often signs that the body is healing. They are normal, temporary, and will lessen in a couple of weeks. Quitting will gives more energy and helps make breathing easier.

Sources: 2002 Indiana Natality Report; Martin, J.A., et al. December 17, 2003. "Births: Final Data for 2002." National Vital Statistics Reports 52(10):1-113. Hyattsville, MD: National Center for Health Statistics. ; U.S. Department of Health and Human Services (USDHHS). 2000. Healthy People 2010, 2nd Ed. U.S. Government Printing Office: Washington, DC.; Ventura, S.J. 2003. "Trends and Variations in Smoking during Pregnancy and Low Birth Weight: Evidence from the Birth Certificate, 1990-2000." Pediatrics 111(5 Part 2):1176-1180. SDHHS. 2001. Women and Smoking: A Report of the Surgeon General. U.S. Department of Health and Human Services, Public Health Service: Rockville, MD. Office of the Surgeon General, U.S. Government Printing Office: Washington DC. ; Gavin, N.I., et al. September 2001. Review and Meta-Analysis of the Evidence on the Impact of Smoking on Perinatal Conditions Built into AMMEC II. Final Report to the National Center for Chronic Disease Prevention and Health Promotion. Research Triangle Park: Research Triangle Institute.; Columbia Center for Children's Environmental Health. Neurotoxicology and Teratology, March 2004

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The rate of Indiana mothers who reported smoking during pregnancy is considerably higher than the national average. Even more alarming are rates in Indiana counties that exceed state and national rates. The table below lists Indiana's Counties along with the percentage of mothers who reported smoking during pregnancy.

- County rates range from 36.8% to 6.7%.
- Sixty-eight (68) of Indiana's 92 counties have a smoking during pregnancy rate higher than the Indiana average.
- All but three Indiana counties have a smoking during pregnancy rates higher than the United States average.

Percent of mothers who reported smoking during pregnancy, Indiana Counties, 2002

County	Percent	County	Percent	County	Percent	County	Percent	County	Percent
Adams	11.1	Dubois	14.2	Jasper	20.7	Morgan	24.2	Spencer	19.8
Allen	13.8	Elkhart	17.2	Jay	19.5	Newton	26.9	Starke	30.5
Bartholomew	20.2	Fayette	29.4	Jefferson	28.9	Noble	20.3	Steuben	22.8
Benton	13.9	Floyd	20.9	Jennings	28.0	Ohio	23.0	Sullivan	26.4
Blackford	29.9	Fountain	25.6	Johnson	17.8	Orange	26.5	Switzerland	28.4
Boone	13.8	Franklin	24.0	Knox	32.1	Owen	23.6	Tippecanoe	13.8
Brown	23.4	Fulton	30.3	Kosciusko	19.7	Parke	29.8	Tipton	15.5
Carroll	17.8	Gibson	24.0	LaGrange	9.6	Perry	28.4	Union	24.7
Cass	20.7	Grant	27.6	Lake	15.4	Pike	22.7	Vanderburgh	22.8
Clark	22.0	Greene	25.2	LaPorte	24.2	Porter	17.0	Vermillion	26.3
Clay	28.4	Hamilton	6.7	Lawrence	25.2	Posey	22.7	Vigo	27.0
Clinton	20.1	Hancock	15.9	Madison	27.3	Pulaski	35.8	Wabash	26.1
Crawford	33.1	Harrison	23.6	Marion	18.2	Putnam	27.1	Warren	20.8
Daviess	16.2	Hendricks	12.6	Marshall	17.8	Randolph	27.5	Warrick	16.1
Dearborn	22.6	Henry	23.1	Martin	27.6	Ripley	22.2	Washington	26.7
Decatur	31.4	Howard	22.9	Miami	22.2	Rush	24.8	Wayne	26.2
DeKalb	24.0	Huntington	24.2	Monroe	15.5	St. Joseph	15.0	Wells	17.4
Delaware	24.3	Jackson	23.5	Montgomery	28.3	Scott	36.8	White	18.6
						Shelby	29.3	Whitley	22.4